

HIGH FLYER

IN GOD WE TRUST, ALL OTHERS WE MONITOR

VOL. XX, ISSUE XX

SERVING THE BEALE AIR FORCE BASE, CALIF., COMMUNITY

MAY 25, 2007



Keeping Airmen fit to fight

(Above) Team Beale members perform push-ups before the wing-wide safety day run May 18.

(Right) Brig. Gen. H. D. Polumbo Jr., 9th Reconnaissance Wing commander, discusses the importance of safety. More safety day photos on Pages 12 and 13.

(Photos by John Schwab)



Airmen say goodbye to fallen warrior

By Master Sgt. Bryan Ripple
332nd Air Expeditionary Wing
Public Affairs

BALAD AIR BASE, Iraq — Honored as a leader, brother, teacher and true friend, an Airman killed fighting the war on terrorism was remembered by Airmen of the 332nd Air Expeditionary Wing, both at Balad Air Base, Iraq, and at Camp Liberty near Baghdad on May 18.

Staff Sgt. John T. Self lost his

life May 14 while on his 79th combat patrol as a fire team leader assisting Iraqis taking back the streets of Baghdad.

An improvised explosive device tore through his vehicle killing him and wounding three fellow Airmen on the patrol. The Airmen were part of a police transition team belonging to Det. 3 of the 732nd Expeditionary Security Forces Squadron.

Det. 3 is a team of more than

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9th Services Airman crushes the competition

By Airman 1st Class George Cloutier
9th RW Public Affairs

An Airman with the 9th Services Squadron is rising quickly in a sport infamous for its intimidating players and brutal game play.

Airman 1st Class Adam Casias, 9th SVS fitness specialist has been playing rugby for three years for multiple teams.

In that short time, he's gone All-American while attending college, competed

against teams overseas and recently returned from a major competition.

Airman Casias' athletic career started long before he started playing rugby.

He played football for his high school team and in college played basketball.

It wasn't until his junior year in college that he decided to give rugby a try.

"I needed a change, since I'd played basketball my whole life," he said. "It was either going to be rugby or boxing, and I

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The 9th Civil Engineer Squadron will be fogging the base for mosquito control until the end of June. See more on Page 6.

The base theater ribbon cutting is scheduled for June 1 at 2 p.m.

OPEN LINE



The Open Line is your direct line to the 9th Reconnaissance Wing commander. The Open Line is used to ask questions, make suggestions, or give thanks for a job well done. The most efficient way to solve an issue is to work through the relevant office and use the chain of command. If you are unable to resolve the issue, or are not satisfied with the response, call the Open Line. If

you would like to receive a response, leave your name and phone number with your message. Open Lines of general interest will be published in the High Flyer; others will be answered by letter, phone or in person.

Open Line number:
634-8888

Open Line e-mail:
9RWPA@beale.af.mil

Brig. Gen. H. D. Pumbo, Jr. is the 9th Reconnaissance Wing commander at Beale. (Photo by John Schwab)

Time to go

By Col. Jon Engle
9th Operations Group
commander

It has not been too bad this week. You just got put in for your Group's NCO of the month, your daughter just came home and announced that she made the finals in the sixth grade spelling bee and in two weeks, you and the bride are going to the "City by the Bay" for a well earned meal and some rest and relaxation (don't worry, the grandparents will be in town to watch your daughter).

In comes the shirt with a concerned face.

It seems that one of those 179-day temporary duties just dropped, and you may be the only one to fill it ... with two weeks' notice.

After some initial panic and a few phone calls, you are somewhat relieved to learn it is not you that the U.S. Air Force needs at this time.

That night, after congratulating your daughter on her accomplishments and enjoying an evening with the wife, you start to wonder ... if it would have been me that had to go, would I have been ready?

In our post September 11 world, our Air Force must be ready to go now, not a month from now.

It means each and every one of us needs a gut check to make sure we are ready to go.

This is a mind, body and spirit kind of thing. By mind, I mean, are you ready to do your job anywhere, any time. Do you know it cold? How are your currencies and certifications? When you are deployed, you may be the only person with your specialty there. No one to watch you or back you up. Just you!

Our mission at Beale is to be the eyes and ears of those men and women on the ground in Iraq and Afghanistan.

They are counting on us and their lives are in our hands. Don't let them down by not knowing your job.

In addition, are all your training events current? How about you're computer-based training?

Those classes the training manager and the squadron Unit Deployment Manager assign you are now about to become really important.

Your deployed squadron mates will depend on you to save them and vice versa. I have been told that in the hospitals in the area of responsibility, over 90 percent of those who arrive to the hospital with a pulse, leave with a pulse.

That first-aid gear and

training you have been given is saving lives, so make sure you learn it well.

It is possible that you will save someone's life in theater with what you have learned.

Next comes the body. Passing the annual physical training exam is not why we want you to be in shape.

We want you in shape so that no matter what the enemy and the world throw at you, you can accomplish your job. Remember, there are lives on the line and you would not be there if you were not required.

Go to the gym, go for a run. Keep your mind and body clean of poisons.

Exercise and eat a healthy diet so you can hack it. So you can carry your tools, flak vest, Kevlar helmet, and weapon in 130 degree heat. That too is your job.

The toughest part is your spirit. It too must be ready to go. Many things compete and conflict in our lives, and having to fight a war in a far away land is a crucible for the soul.

How is your relationship with your spouse? Your children? Your friends? Have you taken the time to speak with your maker lately? That weekend to the city -- take it. It is like money in the bank.

The times you spend with those you love will be the



Col. Jon Engle
glue that helps you all to keep it together.

When you are deployed, use those calling cards and the morale telephone calls. They help keep you balanced and will really help those back here that worry about you all day long. E-mail and video calls are great, and the snail mail is free. Just keep in touch.

Next time the call comes in from the theatre for help, it probably will be your turn. Are your bags packed and are you ready to go? If not, get there. We need you.

Get yourself centered. Get yourself balanced. And make sure you are one of America's Warriors that our nation can count on now, ... not next month.

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High Flyer Editorial Staff

Brig. Gen. H. D. Pumbo, Jr.

Commander

Capt. Mike Andrews

Chief, Public Affairs

2nd Lt. Ashley Peltier

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Tech. Sgt. John Asselin

NCO-in-charge, Public Affairs

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NCO-in-charge, Internal information

Senior Airman Christine Collier

Airman-in-charge, Community relations

Airman 1st Class Robert Biermann

Editor, Layout & Design

High Flyer

Airman 1st Class George Cloutier

Staff Writer

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chose rugby.”

An athlete since high school, Airman Casias has played many sports, but says that rugby so far has been his favorite.

“I’ve played almost every sport I can and of all of the rugby fits me best,” he said. “I love to play and it picked me I guess.”

One of the differences between rugby and other sports Airman Casias said he enjoys, is the high level of sportsmanship among rugby players.

“In rugby, people will fight each other and want to kill the people on the other side, but once the game is over everyone’s friends,” he said. “After the game everyone hangs out, laughs and talks, and you don’t see that anywhere else.”

One of the other elements Airman Casias said he enjoys about rugby is that while other physical sports rely on strength and endurance, nothing was ever as challenging as rugby.

“I’m always working out, always running, always playing,” he said.

Rugby is all about endurance. Forty minute halves, eighty minute games with no subs—by the end you’re exhausted, you’re beat up, according to Airman Casias.

Airman Casias said the challenge of the game gives him a lot of satisfaction, but is also extremely exhausting.

“There’s the thrill of the contact, but just being physically exhausting at the end makes me feel like I’ve accomplished something,” he said. “After a big tournament, I’ll take a week off to recover.”

Airman Casias said that he’s dislocated both thumbs, sprained both ankles, had a couple concussions and cracked his sternum.

Despite his injuries, he says rugby is actually a lot safer than other sports he’s played.

“People think rugby is just football without pads, but it’s actually a lot safer than football,” he said. “You can’t hide behind your pads. You can’t just drop your shoulder, run off and spear somebody. You have to wrap up when you hit and you can’t go for the neck or the head.”

Since there is no official U.S. rugby season, he’s played for three years without an off-season, which has been taxing not only physically but on his schedule as well.

Luckily, Airman Casias said his duty section has been very supportive.

“My squadron has been amazing in letting me go to these tournaments,” he said.

“They’ve really enabled me to take advantage of this.”

Besides balancing work, Airman Casias also has to balance other important aspects of his life, such as school.

“It’s really important to be able to prioritize,” he said.

“I missed the all-Air Force camp in March because I’m also going to school at Sacramento State and I was missing too much school,” according to Airman Casias.

Though he has to balance his priorities, Airman Casias said he intends to pursue a career as a professional rugby player and intends on making this year’s rugby world cup team.

WARRIOR SPOTLIGHT**Senior Airman Trent Arrington**

Unit: 234th Intelligence Squadron

Job: Intelligence analyst

Hometown: Lodi, Calif.

Air Force goals: To serve in this field the duration of my career, become a chief or get commissioned and pursue a long career as an officer

Time in the Air Force: Four years and eight months

Hobbies: Going to church, spending

time with my fiancé and making the most of every opportunity

The thing I like best about Beale

AFB: The exciting mission that we work, and having the opportunity to support our fellow servicemembers who are in harm’s way.



Senior Airman Trent Arrington is an intelligence analyst for the 234th Intelligence Squadron. (Photo by Airman 1st Class Robert Biermann)

AIR FORCE WEEK

YEARS

**RICH HERITAGE
LIMITLESS HORIZON**

Sacramento, California

June 4 – 10, 2007

Editorial: Don't forget the battle-rattle

By Ch. (Lt. Col.) Jimmy Browning
9th RW Chaplain

When I deployed to Baghdad, one phrase I quickly learned was my need to wear my "battle-rattle." Given the risks associated with being in Baghdad, Iraq, this individual protective equipment of a helmet and protective vest with embedded ceramic plates were important additions to my uniform. Given an attack, this individual protective equipment might make the difference between surviving a rocket, mortar or an Improvised Explosive Device or not.

This mindset of survival preparation applies not just to a war-torn country but to everyday life. It is not if explosions will happen in life but when. Life is filled with traumatic events that can have a long term impact. Some life changing events, like Improvised Vehicle Explosive Devices, can be so forceful it completely overwhelms any of our protective measures. That being said, however, we can take some measures to increase our survivability.

Thorough preparation and fitness is vital. The more fit I am before the injury may very well determine my survival and how quickly I recover. Wounding is more than physical. One can become significantly wounded emotionally, relationally, intellectually, professionally or spiritually. With some preparation we can help mitigate our wounds created by life's explosions like serious illness, injury, tragedy, difficult circumstances, etc.

In my association with chaplaincy for over 30 years, I have seen up close what human tragedy can do to us in these areas of fitness. In my 18 years as an active duty chaplain in the Air Force, I have sought to help many wounded warriors. I have even had to deal with my own wounds.

In Baghdad, I've held a piece of shrapnel left over from an explosion. It is heavy, jagged and has sharp edges. Shrapnel can create very ugly wounds. I've seen what it does to the human body. I've seen too many of those wounds. For the living, those explosions leave all kind scars. I have my own emotional scars of being around so many dead. I traversed the smoldering ground, now turned sacred for four souls, created when a KC-135A tanker crashed near Loring Air Force Base, Maine. I've walked in the Port Mortuary at Dover Air Force Base, Del., where an incredible team returned the dignity of so many of our fallen warriors. We returned to the families the men and women from the USS Cole, the Pentagon of Sept. 11, 2001, Afghanistan and now Iraq.

In the belly of cargo planes at Baghdad International Air Port, I have prayed over too many warriors returning home in an aluminum

transfer case. Those scars are now permanently etched in my soul. Memorial Day has a very different meaning for me. And yet, my scars do not even compare to others who have stood directly in the line of fire and have lost buddies up close. Some call it post traumatic syndrome disorder. It is a wound of the heart and the soul.

In light of this, we must prepare ourselves to be physically, emotionally, relationally, intellectually, professionally and spiritually fit. How can we help others with their wounds if we are as wounded as they?

Obviously, we should strive to be fit in each of these areas. I exercise. I seek to be emotionally healthy and balanced. I work to keep my marriage of 31 years fresh and vibrant. I try not to leave affirmation and appreciation left unsaid. I am a life-long student who seeks to learn something new every day. I take advantage of every professional opportunity. And, I desire to continue to grow spiritually in my relationship with my God. Some days I do better than others.

Having counseled hundreds of individuals and couples over the years, I have recognized these six areas of fitness are interdependent.

We can typically manage one unfit area fairly easily.

Let additional areas become unfit, then the impact in the remaining areas grow exponentially. The more unfit we are in these six areas, then the harder time we will have to recover from life's explosions!

We must help today's warriors and their families to prepare their battle-rattle long in advance of combat.

We can help each other survive the wounds of long deployments and tragic events by helping each other to armor up physically, emotionally, relationally, intellectually, professionally and spiritually.

Then, when life does explode, they are more likely to survive and recover.

It is not easy to be fit. It is building disciplines in our lives that nurtures fitness in each of these areas. As a culture, we are so over-indulging and so use to taking the easy way that we have gotten flabby and soft. Challenge, hardship, trials, discomfort and struggle do have their place in building fitness. Additionally, it is as much a state of being as it is doing. Life won't always be easy. Ultimately, no one is self-sufficient. I need others and I need my God. I need to be mentored by survivors. I can learn how others recovered. In doing so, I have placed another piece to my "battle-rattle."

Life will have explosions. It is not if but when. The real question is have I prepared myself to the best of my abilities for that moment? Or, have I forgotten my battle-rattle?

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150 Airmen and Soldiers assigned operationally to the 732nd Air Expeditionary Group, who are tasked with performing police transition team duties under the tactical control of the 92nd Military Police Battalion. Their mission is to coach, mentor and train the local Iraqi police in the Rasheed neighborhood of southern Baghdad, an area known to be a hub of anti-Iraqi force enemy activity.

"We're here today to remember a fallen comrade, a friend, a man who laid down his life for others in the pursuit of peace," said Chaplain (Capt.) David DePihno, the 332nd Air Expeditionary Wing chaplain, during the standing-room only memorial service at Balad AB. "Today we thank the Lord for the honorable efforts and friendship of John Self. A man who trusted in his Savior Jesus Christ, a warrior who gave his life in service to his country and for the good of decent Iraqi people, and the advancement of peace in our time."

While assigned to the 314th Security Forces Squadron at Little Rock Air Force Base, Ark., in early 2006, Sergeant Self volunteered to deploy on this one-year tour of duty in Iraq to help train the fledgling Iraqi police force.

Prior to submitting his application, his senior enlisted manager, Chief Master Sgt. Keith Morris, wanted to ensure Sergeant Self was aware of the "heat of danger" associated with the deployment.

"Every time a military member comes to the desert, they're in the heat of danger," Sergeant Self wrote. "We're in countries where people don't like us, and they would kill us the first chance they get. Besides, it's my job to be in the heat of danger. Whether it's looking for insurgents, guarding detainees, or sitting on a fence line, it's all dangerous and can result in death. Every time I set foot into a compound, I was risking my life for my country. It is my job to serve my country to the best of my ability and die for it if I must."

Sergeant Self was 29 years old and a native of Pontotoc, Miss. He joined the Air Force Sept. 2, 1998.

United States Air Force Services Presents

60th Anniversary USAF 1947-2007

2007 World Tour

topsmblue

"The Fly-By"

A Musical Tribute to 60 Years of Proud Air Force History

Gold Sox Stadium - Ellis Lake Park

Wednesday, June 6 • 8 p.m.

FREE ADMISSION

AIR FORCE SERVICES

at&t

Community Briefs

VA Work Study students needed

The Beale Education Center and Yuba College Beale Outreach center are seeking Veteran's Affairs Work Study students to fill support positions in the Beale Education Center office. Qualified applicants must be currently attending Yuba College and must be eligible for VA Work Study benefits. Hours are flexible to meet student and office schedules. Some evening hours are available. Representative duties include assisting with processing applications for admission and registration, explaining forms, filing and maintaining student records, among other things. For more information, call William Kono, at 634-2525 or Susan Downing at 788-0973.

Available NAF positions

The following Non-Appropriated Fund positions are available at Beale: Child development program assistant, food service worker, cashier and checker, waiter, cook, custodial worker, sundry clerk, custodial worker leader, recreation assistant, caterer, training specialist, recreation aid, skills development program manager, swim instructor, lifeguard, school age program assistant. For more information, call Beatris Logan at 634-2316.

TAP seminar

The next Transition Assistance seminar is scheduled for June 4 to 8 from 8 a.m. to 4 p.m. Whether retiring or separating from military service, this program is designed to make the transition to the civilian world an easy one. Topics included are VA benefits, Troops to Teachers, military reserves, Tricare, financial planning for transition and more. Spouses are encouraged to attend. For more information or to register, call 634-2863.

Wingman training

Wingman training is scheduled for June 5 at 8 a.m. at the Airman and Family Readiness Center. Learn to be an outstanding wingman to a Team Beale member on their return from deployment. For more information or to register, call 634-2863.

Theater ribbon cutting

The base theater ribbon cutting is scheduled for June 1 at 2 p.m.

Covey training

Covey training is scheduled for June 12 to 14 from 7:30 a.m. to 4 p.m. at the Airman and Family Readiness Center. Learn "The 7 Habits of Highly Effective People." For more information, call 634-2863. To register, call Claudia Moller at 634-2801.

Three Day TAP

The next three-day Transition Assistance Program is scheduled for June 26 to 28 from 8 a.m. to 4 p.m. The three-day TAP class is a condensed version of the five-day TAP class and is designed for individuals who know what they want to do upon leaving the service. To register, call 634-2863.

Beale Thrift Shop

The Beale Thrift Shop's 50 cent sale is back. Stop by and find many deals on summer clothing for the whole family, as well as low prices on many other items. Hours of operation are 9:30 a.m. to 1:30 p.m. Tuesdays and Thursdays.

Consignments are accepted until 12:30 p.m. Call ahead to drop off large items. Proceeds from sales go to the Beale Officers' Spouses' Club's charitable fund used for scholarships and com-

munity donations. The thrift shop is located in the Omni parking lot across from the commissary. For more information, call 634-1893.

Flower voucher program

The flower voucher program is now underway for family housing residents. The 9th Civil Engineer Squadron Housing flight is issuing flower vouchers, valued at \$30, to residents for the purchase of flowers at the Base Exchange through June 2. Vouchers are issued at the U-Fix-It store, located in the housing area at 5140-D Flamingo Court, off West Garyana Drive. Vouchers can be picked up from 10 a.m. to 4 p.m. Tuesday through Saturday. For more information, call the housing office at 634-2793.

Breastfeeding support group

A free Breastfeeding Support Group is open to all women and children Mondays at 9:30 a.m. in the Foothills Chapel. For more information, call Julie Mathews at 788-7660.

Get moving in May

May is National Physical Fitness and Sports Month. Take the the President's Challenge or participate in the Active Lifestyle Program.

For more information, visit www.presidentschallenge.org.

Yuba College registration

Students may now begin registering for summer and fall Yuba College classes by visiting the Yuba College Beale Outreach office located inside the Education and Training center. Class schedules are available at www.yccd.edu.

For more information, call Susan Downing at 788-0973.

Beale Veterinary services

The Beale Veterinary Treatment Facility's hours of operation are Monday to Friday from 8:30 a.m. to 3:30 p.m.

The VTF is closed on weekends, holidays and as necessary, to meet mission requirements and military training. The VTF holds minor sick-call and vaccination clinics each month. Appointments can be made by calling 634-2104 during operating hours or by stopping by the VTF.

Health care can only be provided to animals that are not being maintained for profit sales or any other commercial purpose. The facility offers health certificates, immunizations, parasite control, zoonotic disease control, heart worm testing and prevention, microchips, pet adoption and limited outpatient treatment. No emergency services are available and the VTF does not have the necessary facilities or staff to provide hospitalization or intensive veterinary care. For more information, call 634-2104.

Registration of dogs and cats

All dogs and cats on base are required to be immunized against rabies and registered annually. The Beale Veterinary Treatment Facility recommends a full series of vaccinations in addition to the rabies vaccination. Dogs and cats residing off base must be registered with the city. More details may be obtained at the VTF.

Animals residing on Beale must be registered with the VTF within ten working days of arrival. Proof of rabies immunization is required of all dogs and cats over three months of age at the time of registration. Registration and immunization may be required on a yearly basis. If animals were not vaccinated at the Beale VTF, bring the certificate of rabies vacci-

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nation to the VTF for registration and/or update of their records. For more information, call 634-2104.

Animal health certificates

Animal health certificates are available for interstate and overseas travel from the Beale Veterinary Treatment Facility. Certificates are valid for 10 days when traveling overseas or by air and 30 days when traveling in the continental United States. Animals must be examined within the 10 or 30 days prior to arrival at the destination.

Contact the VTF at least 60 days prior to shipment to foreign countries for entry requirements.

For more information, call 634-2104.

Mosquito fogging

The 9th Civil Engineer Squadron Entomology shop will be fogging the base for mosquito control until the end of June. Spraying will begin at 9 p.m. on Tuesday and Thursday evenings. The chemical, approved

by the Environmental Protection Agency, California authorities and the Air Force, presents little to no risk to families and pets. However, families and pets should remain indoors during spraying periods. For more information or questions, call Public Health at 634-4883 or Entomology at 634-2714.

Vacation Bible School

Vacation Bible School is scheduled for June 11 to 15 at the Foothills Chapel from 9 a.m. noon.

Children from pre-school age (potty-trained) to those entering the sixth grade are eligible to participate in this year's "Avalanche Ranch" themed VBS. Registration will be held after Sunday services and during Foothills Chapel normal business hours. For more information, call 634-4701.

Commissary closure

The Beale Commissary will be closed Tuesday in observance of Memorial Day. For more informa-

tion, call the commissary at 634-2424.

Education services availability

Due to limited resources and effective immediately, test proctoring services at the education center will be available as follows:

Active duty personnel: No change in testing services. DOD civilians, family members, retirees: Students attending colleges with an approved Memorandum of Understanding with Beale (Embry-Riddle Aeronautical University, Yuba Community College, and University of Phoenix) are approved to challenge college-level exams, but must pay applicable fees. However, the center can no longer support proctoring college exams for Civilians, family members and retirees who are not participants in on-base education programs. These students are advised to contact their schools for proctoring requirements or proctoring services for college exams. Many of the schools offer their own proctoring service at no

charge to the student and/or may allow qualified or select individuals to proctor exams. For more information, call the education center at 634-2525.

USDA food drive

A free U.S. Department of Agriculture food drive is scheduled for today at the Foothills (housing) chapel from 10 a.m. to 2 p.m.

Airmen's Attic closure

The Airmen's Attic is closed today and Monday. For more information, call the attic at 634-5640 or after hours at 788-2993.

Air War College

The Beale Education center is enrolling eligible officers and federal employees for the Air War College non-resident studies course. Interested officers and DOD civilian employees (GS-13 or above) must sign up by July 15. For more information or questions, call the education Center at 634-2525.

Getting the upper hand on seasonal allergies

By Senior Airman Christine Collier
9th RW Public Affairs

The signs are all too familiar.

Itchy, watery eyes, stuffy head, a compulsive need for nose blowing ... Yes, allergy season is here.

"Seasonal allergies are usually at their peak during spring and fall," said Maj. Tricia Garcia, 9th Medical Operations Squadron clinical nurse.

Spring is now in full swing at Beale, and several of the "usual suspects" are back in town causing allergic reactions for Team Beale members.

"Dust mites, pollens, pet dander and mold are the most common causes of allergy symptoms," Major Garcia said.

Despite the amount of allergens present at and around Beale, there are several

ways to lessen the effects of the symptom-causing culprits.

"Stay inside during the morning hours, when pollen counts are the highest," the major said. "Also, try to avoid outside activities during the time of year when the trees, flowers, or molds to which you are allergic are blooming."

In addition, there are several other suggestions on how to control allergy symptoms:

- * Keep the house and car windows closed to keep pollen out.

- * Use an air conditioner to reduce indoor humidity during the warmer months. This will prevent mold and mildew growth.

- * Clean air conditioner filters regularly.

- * Consider running an air purifier in

the home, especially in the bedroom.

- * Use vacuum cleaners and air conditioners with HEPA filters to trap allergens.

- * Decrease or avoid outdoor activities on hot summer days, when ozone levels may exacerbate allergies.

- * Cover pillows and mattresses with vinyl covers to reduce exposure to dust mites.

- * Wash bedding weekly in very hot water.

- * Use fewer dust-collecting items such as curtains, bed skirts, carpeting, and stuffed animals, especially in your bedroom or in rooms where you spend most the time.

- * Those with a furry pet should vacuum frequently. Try to keep pets out of bedrooms and other rooms with carpets.

When cleaning and changing habits aren't enough to keep the runny noses and itchy eyes at bay, another alternative involves a call to the base clinic.

"Take medication as prescribed on a consistent basis," Major Garcia said. "Some medications can take up to two weeks to begin working. If you experienced allergies last season, get over the counter meds or call for a refill prior to allergy season so you can be proactive and begin taking the meds early."

To schedule an appointment at the base clinic, call 634-2941. For more information on allergies, visit the American Academy of Allergy, Asthma and Immunology Web site at <http://www.aaaai.org> or the Joint Council of Allergy, Asthma and Immunology Web site at <http://www.jcaai.org>.

BAADD 634-5555

Beale AFB Chapel Programs
Helping You to Stay Spiritually Fit!

**Protestant
Sunday**

9 a.m. Foothills Chapel Praise service with nursery
10:30 a.m. Sunday School at Lone Tree Elementary ages 3 to Adult
11 a.m. Valley Chapel Gospel Service with Nursery

Tuesday

6 p.m. at Foothills Chapel AWANA - Cubbies to T&T with nursery

Wednesday

9 a.m. at Valley Chapel PWOC with Nursery
7 p.m. at Valley Chapel Bible study with nursery

Friday

Monthly Officer Christian Fellowship - Capt Stremmel 634-3897
Protestant Youth, Puppet Ministry, Protestant Men
POC Ch (Maj.) Olson 634-4701

**Catholic
Sunday**

9 a.m. Religious Education at Lone Tree Elementary preschool to 12th Grade
10:30 a.m. Foothills Chapel Mass
5 p.m. Foothills Chapel Mass RCIA, Catholic Youth, Catholic Women/Men, Bible study, Baptisms – POC Leila at 634-4707

Daily

11:30 a.m. Foothills Chapel Mass except Thursday

Islamic

Friday

1 p.m. Valley Chapel Islamic Prayers – Ed Helalian at 634-3834

Pagan

Saturday

2 p.m. Valley Chapel discussion group - George Cloutier 634-8887

For more information, call 634-4701 or 634-4705. Valley Chapel is at 6199 C Street on the main base near the Bowling Alley. Foothills Chapel is at 15001 Camp Beale Highway in the housing area

“Glorifying God – Honoring Airmen – Serving All”



Physical fitness award winners

Congratulations to Team Beale's home school group Presidential Physical Fitness Program award winners:

(From left to right) Back row: Sarah Stremel, Grace McDonald and Emma Schmitt; middle row: Julia Glaccum, Anna McDonald, Emily Glaccum, Austin Schmitt and Connor Drake; front row: Ryan Drake, Joshua Brady, Jonathan Whitley and Luke Schmitt; not pictured: Luke Brady (Courtesy photo)

Beale Bijou

634-2521



Friday evening Breach (PG-13)

Chris Cooper, Ryan Phillippe

Eric O'Neill is promoted to a job inside FBI headquarters working for respected agent Robert Hanssen. Then O'Neill learns his truemission: finding proof that Hanssen has been selling American secrets to the Soviet Union for years. 110 min.



Friday evening The Astronaut Farmer (PG)

Billy Bob Thornton, Virginia Madsen

From the time he was a child, Charles Farmer had only one goal: to be an astronaut. Earning his degree in aerospace engineering and joining the Air Force as a pilot, Farmer was a natural for NASA's astronaut training program and was well on his way when a family situation forced him to drop out. But Farmer was not a man to let anything stand in the way of a dream. He spent the next decade and every cent he had building his own rocket in a barn on his ranch in Story, Texas, working toward the day when he could triumphantly launch it into space. Farmer knows this is his only chance—not only to reach his goal of breaking through the Earth's atmosphere but to instill in his children the courage to pursue their own ideals and never give up, no matter the odds. 105 min



Wednesday evening Norbit (PG-13)

Eddie Murphy, Thandie Newton

Norbit has never had it easy.

As a baby, he was abandoned on the steps of a Chinese restaurant/orphanage and raised by Mr. Wong. Things get worse when he's forced into marriage by the mean, junk food-chugging queen, Rasputia. Just when Norbit's hanging by his last thread, his childhood sweetheart, Kate, moves back to town. 100 min.

HERITAGE CORNER



In this week of Air and space history:

In 1952: An Air Force Aerobee rocket carried two monkeys and two mice to a height of about 38 miles. These astronauts returned to earth safely.

In 1964: Through 5 June, to combat the effects of the volcanic eruptions of Mount Irazu in Costa Rica, eight C-133s and five C-124s airlifted flood control equipment and personnel.

In 1966: The Army claimed 21 world records for its OH-6A light observation helicopter. Flights at Edwards Air Force Base, Calif., resulted in 12 speed records, with three each for distance, climbing, and sustained altitude. The records were submitted to the Federation Aeronautique Internationale in Paris.

In 1990: McDonnell Douglas pilot Larry Walker and Maj. Erwin Jenschke landed the NF-15B STOL Maneuvering Technology Demonstrator in 1,650 feet at Edwards AFB. The Pratt and Whitney two-dimensional, thrust-reversing engine nozzles were used to stop the aircraft.

In 2002: The X-45A Unmanned Combat Air Vehicle flew for the first time at Edwards AFB. It was the first unmanned aircraft designed for combat operations.

In Beale history:

From May 13-28, 1945, The 9th Bomb Group received a Distinguished Unit Citation for mine-laying operations in the Shimonoseki Straits of the Japanese Home Islands. In concert with a naval blockade, these operations prevented Japan from receiving desperately needed supplies and soldiers from China and Korea. The missions also hampered shipping within the Home Islands. Crews from the 9th Bomb Group flew a total of 209 of these low-level sorties often through heavy flak and night fighter attacks. Twenty-eight personnel from the Group died during the mining operations.

Heritage question:

Who was the first Air Force officer to enter a pilot re-qualification program for former prisoners of war from the Vietnam War?

Answer: Maj. Herbert K. Fisher

**Movies are shown at the
Community Center.**

Evening movies play at 6 p.m.

The cost is free.

For more information, call 634-3165.



Who's your wingman?

There are some things in life that just weren't meant to be handled alone ...

If you need a wingman, the base chaplain, the Life Skills counselors and the people at 1-800-SUICIDE (784-2433) are ready to help.

One suicide is one too many!

Personalized support for depression, diabetes patients

By CiCi A. Moore
TriWest Healthcare Alliance

When it comes to effectively managing a chronic illness, sometimes education can be the best medicine.

TriWest Healthcare Alliance's Condition Management program (previously the Disease Management program) focuses on educating patients on how to improve their health management skills while living with a chronic illness.

The program is available at no charge to Tricare beneficiaries and their family members.

The Condition Management program was previously focused solely on patients living with asthma or heart failure.

TriWest has just announced that personalized support is also available for beneficiaries coping with depression or diabetes.

"Nearly 21 million Americans have diabetes and more than 19 million Americans are affected by clinical depression each year," said Kathi Sobera, director of Population Health Improvement at TriWest Healthcare Alliance.

Many Tricare West Region beneficiaries are affected by these conditions, and TriWest is pleased to offer complimentary, personal-

ized support for members of our military and their families living with depression and diabetes, according to Ms. Sobera.

Once a beneficiary is enrolled in the Condition Management program, a TriWest clinical health coach will:

- * Schedule an appointment to call and review the patient's health status

- * Develop a customized educational plan based on the patient's status and personal health goals

- * Inform the patient's physician of the patient's program participation

- * Work with the patient to reach established goals

- * Continue to help the patient as long as they want to participate and work toward achieving wellness goals

Tricare West Region beneficiaries interested in enrolling in the Condition Management program should call TriWest toll-free at 1-888-259-9378 to see if they are eligible to participate.

No referral or prior authorization is necessary.

More information is posted on the Condition Management portal at www.triwest.com under the "Healthy Living" section.

For more information, visit www.triwest.com.



May 25 Puzzle Solution



Post-deployment support program for military families enhanced for servicemembers, families

By Brian Smith
TriWest Healthcare Alliance

TriWest Healthcare Alliance is pleased to introduce Help From Home, an integrated program of initiatives designed to proactively assist Service members and their families through deployment-related challenges and transitions.

One of the many available resources is an expanded Help From Home post-deployment support video series, available to watch as streaming video on www.triwest.com and available to order as a complimentary 2-DVD set. This video program is designed to support Service members and their families through deployment and reintegration.

"Military families undergo an enormous amount of stress throughout the stages of deployment," remarked David J. McIntyre, Jr., TriWest President and CEO. "It is our intent that TriWest's library of resources helps Service members and their families cope with deployment, including when it's time for Service

members to return home, as that can be an exceptionally challenging transition from combat duty."

The Help From Home video series includes two programs:

Getting Home ... All the Way Home

To the GWOT combat veteran adjusting to home life following deployment, this presentation shares information about common symptoms of combat stress and resources for care.

On the Homefront

Speaking to the military family remaining at home during times of deployment, this video features personal stories from military families whose loved ones have deployed. These stories, straight from the spouses, children and parents of military Service members, offer practical advice to those in similar situations.

Beneficiaries, providers, military leaders and family support organizations throughout TRICARE's 21-state West Region may order a complimentary Help From Home 2-disc DVD set and view the video online

at www.triwest.com by selecting "Behavioral Health" from the left navigation menu.

TriWest's Help From Home initiative includes:

- * TriWest's Behavioral Health Portal on www.triwest.com. Online tools provide links to local and national resources as well as information on PTSD, depression, stress, substance use, family issues and more

- * Personalized depression support and education from a TriWest clinical health coach

- * Education for providers in the West Region about combat stress identification and treatment practices

- * Continued sponsorship of National Military Family Association (NMFA) summer camps for the children of deployed Service members

- * A toll-free Crisis Line established to provide assistance 24-hours a day, every day, at 1-866-284-3743

TRICARE beneficiaries are entitled to behavioral health benefits. For an overview of these benefits, visit the "Beneficiary Services" sec-



Courtesy graphic

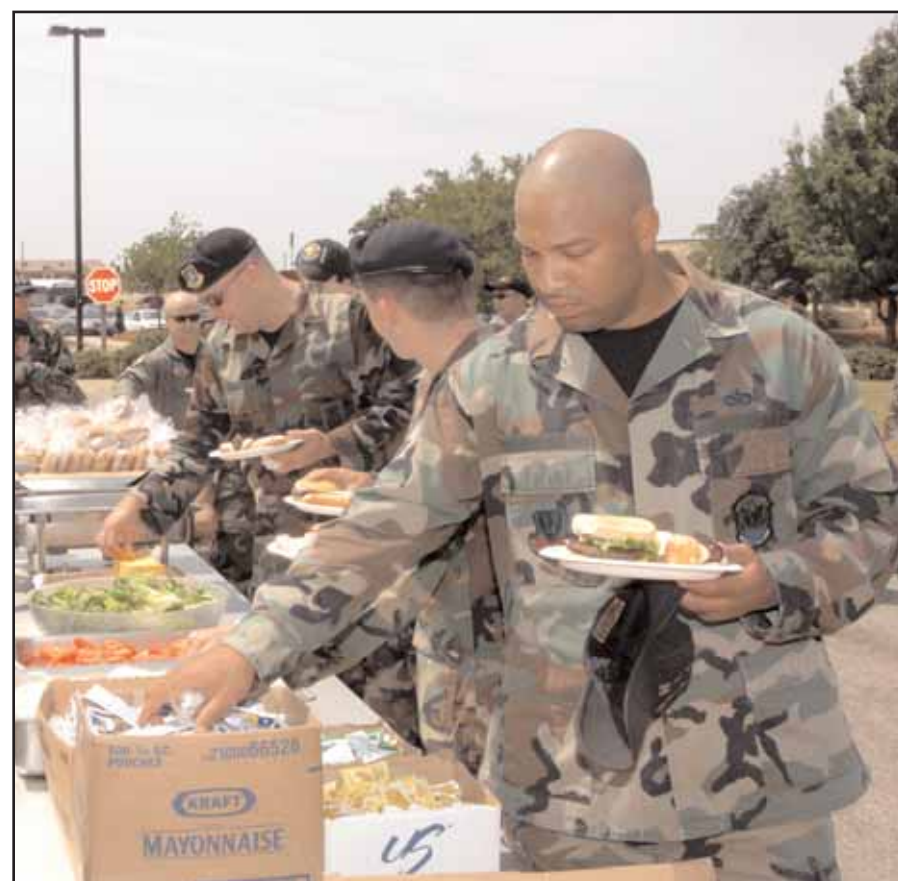
tion on www.triwest.com, select "Handbooks, Brochures & Flyers," then select "TRICARE Behavioral Health Care Services" from the dropdown menu to view or download a printable brochure.

TriWest is privileged to serve the military community and is committed to doing "Whatever It Takes" to assist Service members and their families.

For further assistance, please contact TriWest at 1-888-TRIWEST (874-9378).

Back to Basics: Wing takes day off to focus on safety





Team Beale members gathered May 18 at the Community Center to celebrate safety during the annual safety day fair. Several information booths were set up to educate personnel on fishing, all terrain vehicles, swimming, sun, playground, bicycle, camping, water sports, fire prevention, insect/reptile, Explosive Ordnance Disposal, motorcycle, grilling, boating, tire, firework, carseat, heat stress and sport safety. (Photos by Sean Bhakta)

Beale AFB Youth Supervision Guideline

Note: The ages specified are the maximum ages and are based on the child's ability to demonstrate age-appropriate behavior. Children who do not consistently demonstrate age-appropriate behavior should not be given the same degree of self-management responsibilities. In all instances below where a "yes" is indicated, the parent is responsible for using reasonable judgement and for any incident or mishap (not considered preventable) which occurs.

Age of Child	Left without a Sitter in Quarters for Two Hours or Less	Left without sitter in Quarters for more than two hours	Left Alone Overnight	Outside Unattended (To Include Playing)	Left in the Car Unattended	Child Sitting for Siblings	Child Sits for Others
Newborn through Age 4	No	No	No	No	No	No	No
Age 5 through Age 6 <small>No children under the age of 6 should be allowed to play unsupervised</small>	No	No Except at age 6 may walk to and from school	No	Yes, playground or yard with immediate access (visual sight or hearing distance) to adult supervision***	No	No	No
Age 7 through Age 9	No	No Except may walk to and from school	No	Yes, with access to adult assistance****	Yes, except in hot weather, keys removed and handbrake applied; 15 min. in other weather, adult within sight	No	No
Age 10 through Age 11	Yes; with ready access (phone number to adult supervisor)****	No for 10 yr olds; 11 yr olds with access to adult assistance for no more than 2 hours	No	Yes	Yes; keys removed and handbrake applied	Yes; 11 years or 6 th grade minimum to 2 hours maximum*/p**	No
Age 12 through Age 14	Yes	Yes during daytime hours before curfew; no after curfew	No Children 15 or Freshmen in High School may be left alone overnight; with access to adult supervision; sponsor must be in local area***	Yes	Yes	Yes*	Yes** 12 years of age or 7 th grade minimum****
Age 15 through High School Graduation	Yes	Yes	Yes, minors age 16 and older may be left alone for short TDY's or leaves, not to exceed 5 consecutive days, these minors must have some type of adult supervision available to make periodic checks	Yes	Yes	Yes**	Yes**

Curfew: 13 & Under
2300-0500 Daily

14-17 years
2400-0500 Daily****

* Home-alone training by Youth Center – Registration 634-4953

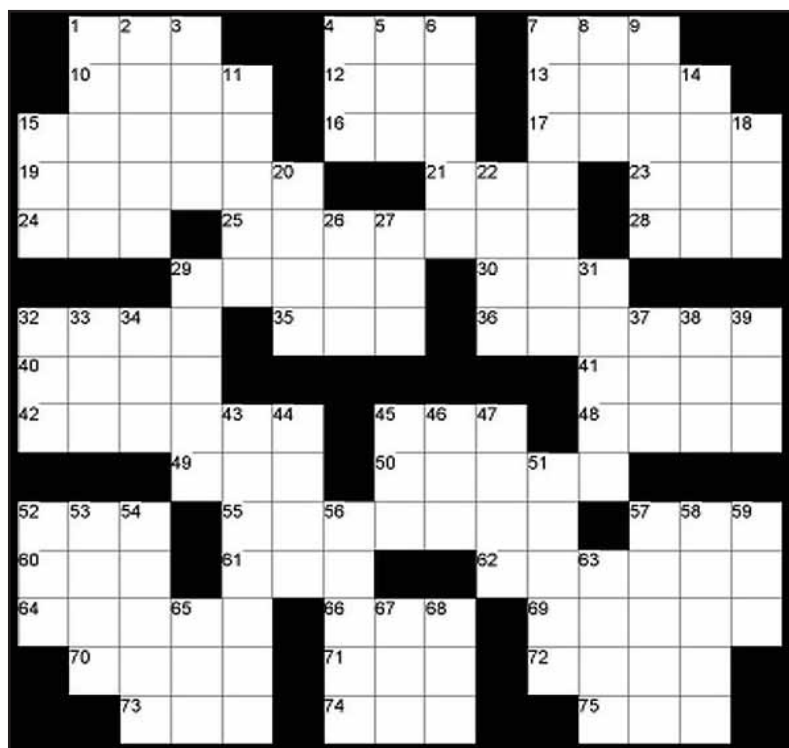
** Red Cross baby-sitting training or equivalent required – Registration 634-4953

*** Adult Supervision is defined as someone who has or assumes responsibility for the child, e.g., parent, guardian, care provider, friend

**** Will be extended by ½ hour when Youth Center sponsored programs continue to 2400 (to provide transportation time to return home)



Remembrance



By Capt. Tony Wickman
71st Flying Training Wing
Public Affairs

ACROSS

1. Ponch and John's org.
4. Compute
7. Mock
10. Tarragon or oregano
12. Fib
13. Represent
15. Pay respect on Memorial Day to 18, 36, 42 and 55 ACROSS
16. USAF MAJCOM
17. African country
19. One exalted on Memorial Day
21. Dined
23. Period
24. Attempt
25. Horseback riding needs
28. Fracas
29. Cook-off competition
30. Chest bone
32. At rest
35. Fall behind
36. One exalted on Memorial Day
40. Touch
41. Cosmetics company
42. One exalted on Memorial Day
45. Zest
48. Peddle goods
49. Japanese sash
50. Girl in Wonderland

52. CBS hit show
55. One exalted on Memorial Day
57. North Texas school, in brief
60. Solar system center
61. Greek letter
62. Type of action
64. Hardwood
66. Friend
69. North Texas town
70. Ukraine capital
71. Take to court
72. Song played to remember 19, 36, 42, 55 ACROSS's sacrifice
73. Pub order
74. ___ out a living
75. Federal org. managing federal property, records, construction, etc.

DOWN

1. Singing group
2. ___ VIII
3. High school dance
4. Pie ___ mode
5. Faint
6. Car sticker
7. Memory problem
8. Architect I.M. ___
9. Gung ho
11. Overconfident
14. Fiddling ruler
15. Head cover
18. Uncooked
20. Building need

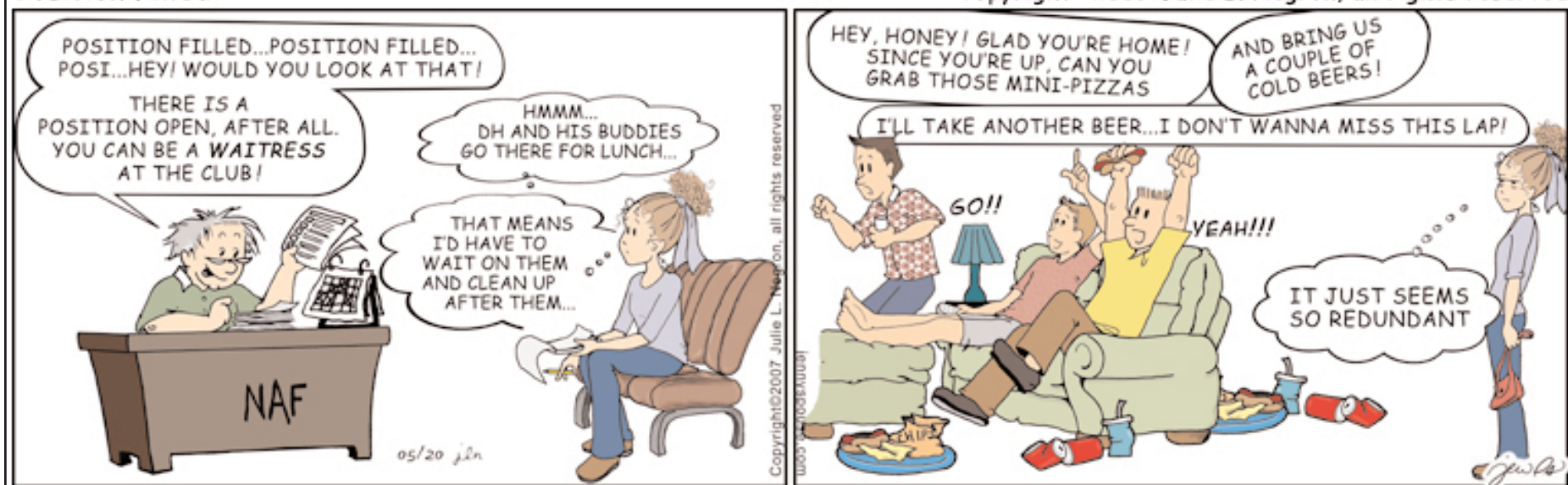
22. Span of time
26. Combat support org. providing supplies to US Armed Forces
27. Shovel dirt
29. Stringed instrument
31. What 19, 36, 42, 55 ACROSS were
32. No __, ands, or buts
33. Federal org. concerned with drug trafficking
34. Hawaiian wreath
37. ___ Got a Secret
38. Toxic and exempt prefix
39. Terminate
43. Watch
44. Mob scene
45. Bachelor's place
46. Inventor Whitney
47. Dock
51. Slithered
52. 68 Down's org.
53. Brood
54. World's largest democracy by population
56. Run out
57. Hits
58. Smart people group
59. Danger after air attack, in brief
63. Item placed to remember 19, 36, 42, 55 ACROSS's sacrifice
65. Snakelike fish
67. Waterfowl
68. Grant's opponent



Jenny:

Jenny follows the adventures of a young Air Force spouse determined to overcome the challenges of a military lifestyle. Drawn from the real lives of both contributors and the cartoonist, Jenny's experiences reflect the humor, ingenuity, and sheer determination necessary to be successful as the spouse of an active duty military member. For more *Jenny* comics, visit <http://www.jennypouse.com>.

Position Filled



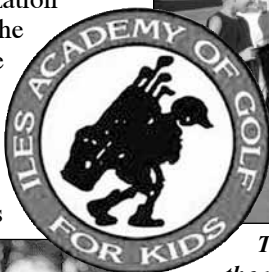
***Planning a vacation?
Need to get away?
Visit www.afvclub.com***

Monthly Golf Academy for Kids

Learning to play golf can be a challenge for any beginner especially for children. That's why the Iles Academy of Golf for Kids in conjunction with the **Coyote Run Golf Course** will be offering free golf camps to all youth ages 7 – 17. The Iles Academy of Golf for Kids is a non-profit organization inspired by USAF Colonel George J. Iles (ret.). The Academy provides a unique opportunity for the youth of Yuba and Sutter Counties that wouldn't otherwise have access to the wonderful world of golf. The Iles Academy of Golf for Kids goal is to teach children fundamental techniques, etiquette, rules and regulations of the game of golf. This organization is committed to developing character and leadership for the youth of our community.

The **Iles Academy of Golf** begins June 11th-15th. Additional camps are scheduled for the summer. Call the Coyote Run Golf Course for dates. The mission is to "reach out and teach" children in our community the game of golf. Volunteer instructors and local professionals like Ken Yuson, the Coyote Run GC Manager, will teach the basic fundamentals of golf such as the golf swing, terminology, rules, and proper attire, instructing children with a positive attitude while encouraging each of them to reach their full potential.

Many parents in the community are interested in golf as a sport for their children but cannot afford the expense of equipment and lessons. The Academy helps to alleviate much of that expense by offering free camps and lessons to children who are interested in learning the game. They have arranged camps and lessons at the Coyote Run Golf Course here at



The Iles Academy of Golf provides an opportunity for the youth of Yuba and Sutter Counties that wouldn't otherwise have access to the wonderful world of golf.

Beale and at Mallard Lake Golf Center in Yuba City. The Board of Directors for the Academy is currently soliciting support to make improvements to the program.

The Coyote Run Golf Course is hosting their annual **Iles Benefit Tournament** June 2nd, a benefit for the Iles Academy of Golf to offer free golf camps for kids. If you would like to know more about this fantastic non-profit organization or wish to sign your child up for free lessons please call the Coyote Run Golf Course at **788-0192**.



LIFEGUARDS/WSI INSTRUCTORS



& CASHIERS NEEDED FOR BASE POOLS

Lifeguards must have CPR / First Aid, Title 22 & Lifeguard or WSI Training Certificates.

AF & NAF positions available.

Great opportunity for High School & College students
 AF positions- call **Civilian Personnel 634-2255**. NAF positions call **HRO 634-2241**.



LGI COURSE

(LIFEGUARD COURSE) \$125
 Course Dates: Wednesday 5/30 – Sunday, 6/3 (4 hrs. each day)

WSI

(SWIM INSTRUCTOR) \$150
 Course Begins: Monday, June 5

All courses held at the Main Base Pool. Courses include all materials, books and related certifications upon completion.

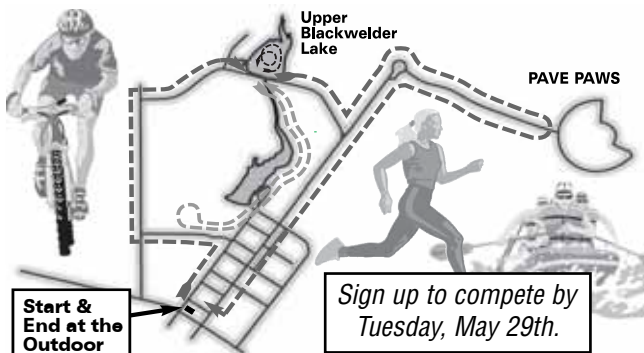
Sign-up at the Outdoor Adventure Center or more information contact **Peggy O'Malley at 218-6007**

RECCE CHALLENGE ADVENTURE RACE

BIKE • PADDLE • RUN

THURSDAY • MAY 31, 2007

8:00 AM at the Outdoor Adventure Center



**Bike 2.3 miles, Kayak .25 miles,
 Run 2.2 miles, Bike 5.7 miles.**

Special Thanks To Our Sponsors: Propel, Gatorade, Aquafina, Van's Bicycle Shop and TJ's Coffee & Deli.

No federal endorsement of sponsors intended.

We Need Volunteers! stop by the Harris Fitness Center or call 634-2258

All You Can Eat Lunch Buffet!

11:00 AM-1:00 PM

**Monday- Potato Bar Starts
 Tuesday- Pizza Bar June 4th**

**Wednesday- Southern Style
 Thursday- Italian**

Friday- Fish & Carving Station

Club Members \$6.95
 Non-members \$8.95

**The Membership Club Card
 drawing is currently at**

\$300⁰⁰

Drawing is held **every Friday night** at the Recce Point Club. Must be present to win. If winner is not present, the prize money increases \$25 each week until a winner is present to accept the award.

Recce Point Club
634-4948

JUNE TOURNAMENTS & EVENTS
RED TEE TOURNAMENT
 May 26th • 8:00 AM Tee Time
90% handicap
Men & Women
 \$15 per person plus green fees and optional cart.

Coyote Run Golf Course
788-0192

ILES ACADEMY BENEFIT TOURNAMENT

June 2nd • 1:00 PM Tee Off
A benefit to the Academy to offer free golf camps for kids!
 \$300 per team (\$75 per player).

BEALE OPEN GOLF TOURNAMENT

June 9th & 10th • 8:00 AM Tee Time
0-7 Handicap plays scratch.
8 & up 90% of handicap plays in flights. Tournament Gift Certificates for each flight.
 \$40 per player (Men & Women).
 Sign up by June 6th

Don't judge this library by its cover

Beale Library is a cool place to hang out this summer! There is something for everyone. There are countless ideas to keep you and your family busy during the summer's hot scorching weather.

June 8th the **Summer Reading Program** begins, and lasts until August 21st. It is designed to help raise reading skills over the summer. Studies show that reading as a leisure activity is a powerful tool to increase reading comprehension, speed, and vocabulary. Significant learning losses can occur over the summer if children don't read. Help your children raise their reading skills over vacation by encouraging them to participate in the free Summer Reading Program. When children ages pre-school through age 9 read 5 books they get to pick a prize! Pre-schoolers qualify when books are read to them. Youth from age 10 to those going into 12th grade who read 5 books (50 pages count as one book) also receive a prize. The more books they read, the more prizes they win. There is a large selection of new books in the children's room, which is approximately 20% the size of the entire library. The children's room is complete with couches and stuffed animals everywhere in a safe environment. If your children are pre-school to early elementary, you can bring them to Story Time with crafts the second and fourth Wednesday of each month at 11:30 AM. The children's room now has a computer with Internet access and printing for adults watching young children, in addition to a computer for children with a selection of software.

The library has 14 computers for patron use with new technology software, Internet access, free printing, scanning, CD recording, and wireless connection with printing. A coin-operated photocopy fax machine is available. The Education section includes the CSAF's Reading List, Embry-Riddle Aeronautical University collection, many CLEP and Dantes (DSST) study guides, extensive and updated testing study materials, and language CDs, tapes, and books. Many valuable online resources can also be accessed.

There are over 1,000 music CD's with a full range of types for all, from country to rock, from classical, relaxation, and musicals to jazz. If you like music, chances are there is something for you. There is a full video and DVD library of approximately 3000 items, as well, with free 7-dqy checkout. In fact, many of the selections you can't find elsewhere anymore. That is not to say they are old and not popular, it's just that most of the video stores nowadays rush to get the new releases and use up much of their space for that purpose. The library has a great selection where you can still find the classics, and many great family and inspirational movies. A new television with DVD and video players and headphones is also available. There's an impressive selection of

1000 audio books on tape and CD, including the Landmark lease plan of rotating audio books. If you enjoy having books read to you, most of the books are read by the author or read by a prominent actor/actress. The Library has an electronic checkout system which allows you to access the catalog online at <http://accs.sirsi.net> and your own account for renewal of items checked out.

The library McNaughton lease book plan offers a collection of approximately 1600 current publications and best sellers. Interlibrary Loan and Document Delivery service allows you to request items which our library may not have, but other libraries around the world have available for loan. Beale Library, operated by PRIDE Industries and open 7 days a week, is a great resource for active duty and retired military and their families, and civilian employees and contractors who work on base; it's a great place to come and get away. You can get your favorite book and relax in one of the library's many recliners. Next time you have a few minutes on your hands or are looking for important information that you can't seem to find, come to the library and take a look...it may have exactly what you need. For more information on any of these exciting services call **634-2314**.

Tied for First Place / 1st - 4th Grade Emily Glaccum • 2nd Grade • *The Ball*

*It's purple and sparkling,
rolling on the table,
and bouncing on the floor.
I threw it up and caught it.
The ball rolls no more!*

Poetry Contest Winner

GREAT OUTDOOR adventures!

ALL TRIPS AND TICKETS ARE OPEN TO MILITARY & DoD CIVILIANS

White Water Rafting Trips

June 2, 10 & 23 • 9:30 AM-6:30 PM • Ages 13 & up • Cost: \$45
DEADLINE TO SIGNUP: 5/30, 6/6 & 6/20

Join us for a full day of white water rafting down the So. Fork of the American River, as our team of trained, professional guides accompany you down Class 3 rapids. All safety equipment and transportation is provided. All you need to bring is your sense of adventure, sunscreen, lunch and plenty of water. A detailed list of recommended supplies for this trip is available.

Pilot Peak Private Wine Tasting and Hor'dourves

SIGN UP DEADLINE: 6/7
June 10 • 12:30-6:00pm • Ages 21 & up • Cost: \$15
Relish in an afternoon of generous hospitality, fantastic food and award-winning wine at beautiful Pilot Peak Winery, located in the Sierra Foothills. This private group event will introduce & educate you on the winery itself and the art of wine tasting, while sipping a complimentary glass of one of Pilot Peak's award-winning wines. You will then be treated to a complimentary flight of Pilot Peak's wines and catered hor'dourves served on their beautiful stone-wall terraces overlooking the beautiful foothill valley. Afterward, we will travel to downtown Grass Valley for a self-guided wine tasting tour at Lucchesi, Burch Hall and Sierra Star tasting rooms.

JUNE • Get Out & Camp Special

Includes: tent, stove, lantern
& up to 4 sleeping bags.
\$20 daily / \$35 weekend.

OUTDOOR ADVENTURE CENTER • 634-2054

5K FUN RUN

WEDNESDAY'S • 6:30 AM • AT THE FUN RUN PATH

>> TOP 4 <<

1. LtCol Rex Calvert Det 8 20:42
2. CMSgt Steve McDonald MSG 21:17
3. Mj Charles Arnold 9 MSS/CC 21:27
4. TSg Pedro Delacruz CES 22:03

**Harris Fitness
Center
634-2258**

**AF SERVICES
Fitness
& Sports**

Main Pool

Opens May 26th

Pick up your Pool Passes
and Punch Cards
for the summer!

Swim Lessons Sign Ups

starts June 9th at 8:00 AM

The Main Base Pool.

POOL HOURS

Main Base Pool • Open swim
1330-1800 M-F, 1200-1800 Sat & Sun
Lakehouse Pool • Open swim
1130-1800 Monday-Sunday

**Outdoor Adventure Center
634-2054**

Youth Center

SWIM TEAM Ages 5-18 REGISTRATION

\$40 members, \$50 non-members
**Beale Barracudas compete in the
Golden Valley Swim League.**
(Must know how to swim.)

JUNE EVENTS

Tween Luau at Main Base Pool

June 1st • 6:30-9:30 PM

Ages 9-12 • \$3 mem, \$5 non mem.
Bring an eligible printer cartridge to recycle
and get \$3 off admission.

Tennis Classes

**Updated
Schedule**

June 4th, 11th, 18th & 25th

Ages 7-11 • 4:00-5:00 PM
Ages 12-18 • 5:00-6:00 PM.
\$15 per hour-long class.

634-4953

9th Services Memorial Day Holiday Schedule

Facility Name	Fri 25-May	Sat 26-May	Sun 27-May	Mon 28-May
Aero Club	By Appt	By Appt	By Appt	By Appt
Arts & Crafts	0900-1700	Closed	Closed	Closed
Auto Hobby	0900-1900	0900-1700	0900-1700	Closed
Beale Lanes	1100-2400	1200-2400	Closed	Closed
Spare Time Grill	1100-2200	1200-2200	Closed	Closed
Ramonedas Dining Facility	Closed	Closed	Closed	Closed
CDC	0615-1730	Closed	Closed	Closed
Community Center	Closed	Closed	Closed	Closed
Contrails Brunch	0800-1300	0800-1300	0800-1300	0800-1300
Dinner	1600-1800	1600-1800	1600-1800	1600-1800
Coyote Run Golf	0630-Dusk	0630-Dusk	0630-Dusk	0630-Dusk
Family Child Care Office	0800-1700	Closed	Closed	Closed
Gold Country Inn	regular hrs	regular hrs	regular hrs	regular hrs
Harris Fitness Center	0800-2000	0800-2000	0800-2000	0800-2000
Hub Zemke Library	1000-1500	1200-1700	1200-1700	Closed
Main Base Pool	Closed	1200-1800	1200-1800	1200-1800
OAC / ITT	0800-1500	Closed	Closed	Closed
Pub Dining	0800-2000	0800-2000	0800-2000	0800-2000
Pub Lounge	1600-2000	1600-2000	1600-2000	1600-2000
Reece Point Club	Closed	Closed	Closed	Closed
Rod-N-Gun	0900-1300	Closed	Closed	Closed
Youth Center-School Age	0615-1730	Closed	Closed	Closed
Youth Center-Open Rec	1430-1800	1500-1900	Closed	Closed
Youth Center-Teen Time	1430-1800	1900-2300	Closed	Closed
Youth Center-Special Events	Closed	Closed	Closed	Closed
Vet Clinic	Closed	Closed	Closed	Closed